

FAQ

Do i have to be flexible to do yoga?

It certainly helps to have a flexible body, but it is not a pre-requisite. The challenge is to find a sense of ease around your body and if yours is tight and stiff, then Yoga is the perfect place to start exploring your stiffness!

Are there religious practices in a Yoga class?

Yoga is a philosophy that complements your own personal spiritual practices or religious beliefs. There is never any dogma or religious doctrine imposed on students. On occasions there will be Mantras used that have a universal appeal and Yoga Philosophy that supports an integrated practice.

Do i have to buy equipment to bring to class?

You will have to bring your own mat, blanket and bolster (only if doing the Yoga RELAX) to The Wellness Space in Phillip. Some spare equipment is there as a back up.

Do i have to commit to more than one class per week to get results?

One class per week will tap into many benefits. Recent research states that having a home practice along with the support of a weekly group class will bring the best results long term.

Can i come along casually across all classes?

You are welcome to attend any of the classes offered during the week. The Wellness Space is large and comfortable and accommodates up to 20.

Casual attendance itself is not encouraged as progress in yoga requires discipline and deep commitment.